



Vol. 47, No. 1 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Jan. 13, 2005

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## Rock 'n' Roll – airlift-style



photo by Master Sgt. Val Gempis



photo by Staff Sgt. Karen J. Tomasik

**Above, six C-130 Hercules aircraft from the 36th Airlift Squadron taxi down the base flightline Jan. 6 during the first six-ship formation in nearly two years. Left, the formation flies above foothills surrounding the Tokyo area. Crew chiefs and specialists from the 374th Aircraft Maintenance Squadron ensured all six aircraft were prepped and ready for the local training mission.**

# Samurai warriors support AEF 9/10

**By Master Sgt. Dominique Brown**  
374th Airlift Wing Public Affairs

Approximately 250 Airmen from here are deploying during the current Air Expeditionary Force cycle 9/10.

These Airmen are deploying to various bases in Southwest Asia and around the world to support the Global War on Terrorism.

"As current AEF cycles last over a four month period, Airmen could deploy any time during the cycle they are assigned to," said Capt. Corey Strong, installation deployment officer. "The typical deployment is for 120 days, or about four months."

Supporting the AEF mission is a standard for the base community here and Airmen from a variety of squadrons and staff agencies have been tasked to deploy.

While deployments can be challenging to Airmen, they can be equally challenging for family members who must "hold down the fort" in their absence.

"There is a great focus on fam-

ily members as an important part of our Yokota team. Without their support, we could not accomplish our mission," said Chief Master Sgt. Catherine Barker, 374th Airlift Wing command chief.

The primary helping agency is the Family Support Center which is here to do just that, support the family. "While spouses are deployed, monthly events are scheduled for their families which range from cook-outs, family dinners and gatherings with special activities," said Tech. Sgt. Cesa Sullivan, FSC readiness representative.

The FSC also provides calling cards, video teleconferencing links to deployed members, car care assistance, child care support, the Sweet Dream Pillow Case program, services coupons and also a list of referral agencies.

"We are here to support you," said the command chief. "Great events are being planned for the families of our deployed personnel and it is important that they stay involved. We are your military family overseas."

## Fifth Air Force commander visits, expresses what he believes

**By Staff Sgt. Karen J. Tomasik**  
374th Airlift Wing Public Affairs

During a Jan. 4 visit to the 374th Airlift Wing, Lt. Gen. Bruce Wright, the 5th Air Force/United States Forces Japan commander, spoke with wing leadership and Airmen about the importance of the wing's mission.

After having breakfast with the Chief's Group, the general and his wife Kerri, visited Airmen from the deployment processing line, Radar Approach and Control, Engine Regional Repair Center, base hospital and other units.

During his visit, the general talked with wing members at the Officer's Club about what he believes is important for every Airman to understand. He expressed his views on leadership, fitness, family, quality of life and being a positive role model.

"Character and effective leadership are inseparable and every Airman is a leader," said General Wright. "Think before doing anything that doesn't match with the Air Force Core Values. It takes character to be an effec-

tive leader, without character you cannot lead."

The general also emphasized that every Airman needs to be physically, mentally and spiritually prepared to ensure they are strong on the inside and outside.

"We all know the fitness test requirements – the Air Force needs us to be fit to fight so just do it," said General Wright. Pursue educational opportunities – despite the high operations tempo, we need to encourage and enable our Airmen to excel mentally through education.

"As we seek to accomplish more in our daily lives, it will require more spiritual strength" said the general. "Each one of you decides what spiritual path is right for you whether it is through a church, values you were raised with by your parents, or the Air Force Core Values. No matter how you view it, you must have the inner spiritual strength to do what is right – cultivate that strength and the high standards of morality that must be inherent in that strength."

The general explained how quality of life is more than new computers.

"In no other job can I walk into a room full of people I have never met and trust them with my house, family, money, wife, children and life," said General Wright. "We have a unique, high-quality community and with it comes a quality of life founded on the values and needs of our community. Help improve it through volunteering in the community and always looking out for your fellow wingmen."

General Wright spoke on taking time to address problems by focusing on people. He said an Airman having a bad day can be easily spotted – all it takes is someone stopping to talk with them to find out the problem, or just talk.

"Everyone should strive to be positive – a positive attitude just might turn someone else's bad day around," said the general. "Be selfless – make sure you are giving others the same opportunities you have. Finally, be bold. Take the initiative to make the Air Force better – fix problems rather than waiting for someone else to decide for you."

General Wright emphasized the importance of Airmen representing the United States in Ja-

pan, highlighting how poor attitudes and actions stand out in the backdrop of a courteous society.

"Here in Japan, we have the opportunity to work with some of the most courteous and capable people in the world," General Wright said. "It only takes one bad decision to erode the relationship built between our two countries over many years by many US forces members and families. So I ask that every Airmen think about how they can be good ambassadors for our Nation here in Japan, every day. Take advantage of opportunities to learn about and experience the culture, and I promise you an assignment in Japan can be a lifetime gift."

General Wright closed by telling Airmen to keep fighting and fight harder. "Fight for what's right and fight for your family – work through issues to keep the family happy and healthy; fight for your nation and our US-Japan Alliance; fight for your wingmen and fight for your life – be courageous, be positive, and recommit every day to be the best Airman you can possibly be."

**ORI countdown: 58 days**



### Adopting a Japanese highway



photo by Kaori Matsukasa

**Ten Airmen from the 374th Logistics Readiness Squadron gave time to building "Community Pride" by picking up trash round the base's north overrun area. Lt. Col. Richard Peterson, the squadron's commander, said he noticed the trash there while driving and he asked his secretary what the squadron could do for the local community. The Airmen picked up 10 bags of trash, then disposed of the trash at a local Mizuho Town recycling center.**

## President signs military pay raise bill, adds more benefits for servicemembers

By Donna Miles  
American Forces Press Service

WASHINGTON (AFP) – President George W. Bush ushered in an across-the-board 3.1 percent military pay raise, effective Jan. 1.

It includes a variety of new or enhanced benefits for servicemembers and their families when he signed the 2006 National Defense Authorization Bill into law.

In addition to a pay raise that's a half percent higher than the average private-sector increase, the new budget provides about 20 new or increased bonuses or special pays or benefits.

Among the law's most significant features are:

✓ A new ceiling on hardship-duty pay, from \$300 to \$750 a month;

✓ A doubling of the maximum assignment incentive pay for hard-to-fill billets or assignments, from \$1,500 to \$3,000 a month, now payable either in a lump sum or installments;

✓ A new allowance to cover the first \$150,000 in Servicemembers' Group Life Insurance premiums for troops serving in Operations Iraqi and Enduring Freedom;

✓ A new bonus of up to \$2,500 for servicemembers

who agree to transfer from one service to another and serve for at least three years;

✓ An incentive pay of up to \$1,000 for servicemembers who refer someone who enlists in the Army and successfully completes basic training;

✓ An average 5.9 percent increase in housing allowances, with authority to increase set levels temporarily by as much as 20 percent in areas affected by natural disasters or troop surges resulting from force realignments;

✓ An increase of 2,000 pounds in the household goods weight allowance for senior noncommissioned officers E-7 and above;

✓ Enhanced death benefits, resulting in a total of \$238,000 for all deaths not previously qualified for enhanced benefits, and the permanent institution of a policy that continues the basic allowance for housing or government quarters for one year for families of deceased servicemembers;

✓ Authority to pay the applicable overseas cost-of-living allowance to dependents who remain at their location outside the continental United States when a servicemember deploys from that location.

More information visit <http://www.defenselink.mil/militarypay/>.

(Courtesy of American Force Press Service)

## Wing picks up annual PACAF safety awards

Congratulations to the following Samurai Country Airmen who were recognized during the annual Pacific Air Forces Safety Awards:

**Capt. Ian Tate**, flight safety officer of the the year;

**Tech. Sgt. Rodney Anthony**, flight safety noncommissioned officer of the year.

The following Airmen were also recognized as an aircrew of

distinction during 2005:

**Capt. Julie Gaulin**, pilot and aircraft commander; **First Lt. Nathan Perry**, co-pilot; **First Lt. Clinton Warner**, navigator; **Tech. Sgt. Scott Killoran**, flight engineer; **Staff Sgt. Robert Cordell**, loadmaster; **Airman Justin Bowe**, loadmaster.

The 374th Airlift Wing was also awarded the following

safety awards by Pacific Air Forces:

– Flight Safety plaque;  
– Explosive Safety plaque, Category I;  
– Aeroclub safety certificate;  
– System of Cooperation Among the Air Forces of America Flight Safety Award.

(Courtesy of 374th Airlift Wing)

## NEWS AROUND THE AIR FORCE & PACAF

For these stories and more, visit Air Force Link at [www.af.mil](http://www.af.mil)

**Joint Chiefs examining differing combat tour lengths:** WASHINGTON (AFP) – The Joint Chiefs of Staff continue examining how long servicemembers should serve in Iraq. The service chiefs have examined the policy carefully over the past two years. Iraq tour lengths are different among the services. Airmen generally deploy for four months. Marines and Sailors serve about seven months. Soldiers generally serve about a year.

**Military, civilian medals approved for hurricane relief work:** RANDOLPH AIR FORCE BASE, Texas (AFP) – Servicemembers and civilians who took part in Hurricane Katrina and Hurricane Rita relief efforts may be eligible for a medal. Servicemembers must have provided direct support to immediate relief operations for at least one day in the area of eligibility from Aug. 29 to Oct. 13, 2005.

## Nihon-go now

⇒ What is your favorite sushi?

Suki-na o-sushi wa nan desuka.

(so-KEE nah o soo-shee wah nahn dess ka.)

⇒ Please give me (insert menu item).

Sumimasen, \_\_\_\_\_ o kudasi.

(Soo-ME-mah-seh-en, \_\_\_\_\_ o koo-DA-sa-ee.)

# AD



# SECAF: foster resourcefulness

By Michael Wynne  
Secretary of the Air Force

Happy New Year – and thank you again for the sacrifices you make in the service of this great nation! I had the privilege of spending some of the holidays with our deployed Airmen across the AOR and in Europe. I know those I met miss their loved ones and homes, but impressed me with their professionalism, innovation, and spirit. As always, I return invigorated and excited about our world's finest Air Force!

I witnessed many innovations introduced by Airmen that help us make the most of out time and resources. For example, our CAOC at AL Udeid controls air operations for the entire CENTCOMAOR. We are able to run operations in Iraq, Afghanistan, and the Horn of Africa from a single COAC. This centralized headquarters equates to a smaller headquarters staff, while simultaneously empowering the Airmen actually engaged to make the execution decisions. This is a great example of Air Force Smart Operations 21 – questioning assumptions, examining processes, and eliminating waste and duplication. On a more individual level, we've prepositioned individual deployment gear at Al Udeid. This makes the lives of our Airmen easier, we lose less equip-



photo by Staff Sgt. Rhannon Willard

**Secretary of the Air Force Michael W. Wynne meets with Airmen from the 379th Air Expeditionary Wing during a recent tour.**

ment and we avoid over \$32 million per year in airlift costs, all due to this single common sense suggestion.

At Kirkuk, Balad, Ali, Bagram, Ramstein and Spangdahlem Air Bases, I met face to face with thousands more of the Air Force's finest and at every stop I heard similarly remarkable stories of how our innovative and creative Airmen applied imaginative solutions to everyday processes and combat challenges. Such ingenious ideas are just what we need to transform our Air Force into the integrated and interdependent force it must become to remain the World's preeminent fighting force. As your Secretary, I will foster such resourcefulness across our Air Force – Active, Guard, and Reserve; Enlisted, Officer, and Civilian; at home and abroad.

To our deployed warriors, thank you again for welcoming me and for all you've done to foster the

"Miracle of Southwest Asia" – furthering freedom and democracy throughout the region. For those deployed to Iraq, many of you have witnessed the Constitutional Referendum in Iraq, the General Election (in which nearly 70 percent of the electorate took part), and the First Flight of an entirely Iraqi C-130 crew. I fully expect we will continue to see democratic processes taking root across Iraq, choking out the ideology of violence and intolerance. I encourage you to share your stories with friends, families, and associates upon your return.

To all of you who stand alert and prepared, here at home and around the world, you are accomplishing miracles everyday. Your efforts create the environment and innovation that sparks the pride that I saw – the pride of being an Airman. On behalf of a grateful Air Force and an appreciative Nation, I salute you.

## Tax statements available this month for DFAS customers

ARLINGTON, Va. – Military service members, military retirees and annuitants, and federal civilian employees paid by the Defense Finance and Accounting Service can expect to receive their 2005 tax statements beginning this month.

DFAS customers with myPay access will be able to retrieve their tax statements electronically up to three weeks sooner than those relying on regular mail delivery. myPay is DFAS' secure Web-based pay information system. One benefit of myPay is the ability to receive tax statements electronically, saving time and avoiding risks associated with identity theft. myPay has a series of security measures with layers of defense against identity theft. The secure technology provided to myPay customers meets or exceeds security requirements in private industry worldwide.

"Not only do our customers get their statements quicker, but more securely," said Pat Shine, director of DFAS' Military and Civilian Pay Services. "Our customers are discovering that myPay's encryption technology is providing the security they demand to protect their sensitive pay and personal information."

Current myPay account holders who have forgotten their personal identification number, as well as new users can request a new PIN on the myPay Web site (<https://mypay.dfas.mil>). myPay users who have an official pre-registered e-mail address provided by affiliated services such as Army Knowledge Online or Air Force White Pages, or who have entered a secure e-mail address in the myPay E-mail Settings page can receive their new PIN via e-mail. All others will receive their new PIN via mail in approximately 10 working days from the date of request.

DFAS provides finance and accounting services to the men and women who defend America. In Fiscal Year 2004, DFAS made 104 million pay transactions to about 5.9 million people, processed more than 12.6 million invoices from defense contractors, disbursed more than \$455 billion and managed more than \$226 billion in military trust funds.

(Courtesy of DFAS)

# AD



## AF seeking volunteers to fill in new year's extended deployments

RANDOLPH AIR FORCE BASE, Texas – As the Air Force accepts new roles in the Global War on Terror, the need grows for hundreds of Airmen to volunteer for key and critical position one-year extended deployments.

Officer and enlisted Airmen in almost every major career field are needed to fill U.S. Central Command Joint Task Force positions with report dates throughout calendar year 2006.

Officers should contact their assignment teams for a list of extended deployment opportunities and to indicate their interest and availability. Enlisted members can view a list of opportunities and volunteer via the Enlisted Quarterly Assignment Listing Plus.

The Air Force Personnel Center will consider backfills for personnel selected for extended deployments on a case-by-case basis.

Airmen who volunteer may request a follow-on assignment or elect to remain at their home station after the extended temporary duty assignment if manning permits.

Should the Air Force not receive enough volunteers, AFPC officials will identify the most eligible non-volunteers.

Selected Airmen may extend their current enlistment or reenlist to obtain sufficient retainability to complete the temporary duty assignment. Airmen without the required retainability or an active duty service commitment who decline the TDY must separate or retire under the current Air Force policy.

For more information including a list of frequently asked questions, logon to the AFPC Web site at <http://www.afpc.randolph.af.mil/afas/extendedTDYs/extendedtdy.htm> or call DSN 665-4273.

Officers and enlisted Airmen can also contact the military personnel flight here at 225-9913 for more details about the extended deployments and qualifications for the Central Command's Joint Task Force.

(Courtesy of Air Force Personnel Center)

### Weigh-in

Senior Airman Richard Johnson secures a C-130 Hercules cylinder tank during an inspection here. Airman Johnson weighs, cleans and tests the equipment to ensure that it is in servicable condition. The cylinders are used to inflate C-130 life-rafts and parachutes. Airman Johnson is an electro-evirmental technician from the 374th Maintenance Squadron.



photo by Master Sgt. Val Gempis

## Be RED-y: update emergency data

### Airmen should take close look at information on file via internet

HICKAM AIR FORCE BASE, Hawaii – Are you RED-dy?

That's RED as in "Record of Emergency Data" (formerly the DD Form 93), and these days, because the form is maintained online, it's more commonly known as the vRED, or virtual Record of Emergency Data.

All Airmen are required to

have a vRED on file designating who the Air Force must contact (names, addresses, phone numbers) in the event you become a casualty, and who will receive for the unpaid pay and allowances and death gratuity.

Updating emergency contact information is easier than ever these days, and Airmen can update it online at anytime. Simply

log into the Virtual Military Personnel Flight through <https://www.my.af.mil> or <https://www.afpc.randolph.af.mil>.

After logging in, there is a menu of options available. Select "vMPF" to enter. Under the list of "most popular applications" in the vMPF, find the Record of Emergency Data link. Click.

Airmen will be redirected to an informational screen first. Click "next page" to view the emergency data currently on file.

To update, follow the directions onscreen to enter new data,

and then click on "submit" for the changes to take effect. (Note that some information, such as changes in marital or parental status, require you to present proof of the change – such as a marriage license or birth certificate – in person at the local personnel office before the changes will be reflected in a vRED.)

For more information, log on to <http://www.my.af.mil> or visit the Military Personnel Flight, located in Bldg. 314, or call 225-9913.

(Courtesy of PACAF)

## Senior airmen graduate from leadership school

The following senior airmen graduated from Airman Leadership School in December 2005:

**Eric Carter**, 374th Communications Squadron, John Levitow award; **Aron Lee**, 36th Airlift Squadron, distinguished graduate and leadership award; **Monique Hernandez**, 374th Medical Operations Squadron, distinguished graduate; **Joseph Stratton**, 374th Aircraft Maintenance Squadron, academic achievement award;

**Jonathan Adams**, 374th Operations Support Squadron; **Donny Aspiras**, 374th

Aerospace Medicine Squadron; **Scott Bailey**, 730th Air Mobility Squadron; **Jacob Ballard**, 374th Mission Support Group; **Jason Barfield**, 374th Maintenance Squadron; **Joshua Bates**, 374th Civil Engineer Squadron; **Adam Bishop**, 374th AMXS; **Vincent Camacho**, Det. 2 Pacific Air Forces Air Postal Squadron; **Sebastian DeAngelis**, 36th AS; **Kevin Graves**, 374th CES; **Michelle Johnson**, 374th OSS;

**Beverly Lawrence**, 374th Logistics Readiness Squadron; **Michael Lee**, 374th

CS; **Eric Mann**, 374th CS; **Maurice McKay**, Operating Location-C Det. 2 PACAF Air Postal Squadron; **Joshua Meza**, 374th LRS; **Joshua Newton**, 374th CS; **Crystal Nielson**, 374th CES; **Elnora Overton**, 374th OSS; **Allan Rice**, 374th MXS; **Capen Semones**, 374th LRS; **Jill Smith**, 374th LRS; **Angela Wellington**, 374th MSG; **Bill Wheeler Jr.**, 374th Security Forces Squadron; and **Terence Wright**, 730th AMS.

(Courtesy of Airman Leadership School)

# AD



# 'Moment of Truth' – customer service style

By Robyn Sleeth  
374th Services Division

The idea of the "Moment of Truth" has been around a very long time, which is a good indicator of how important it is.

Almost 100 years ago British journalist and critic Arthur Koestler described the "Moment of Truth" as similar to a chain in which only the first and last links are visible to the conscious self. The submerged links are all of the impressions and events that link together to form the chain of events that leads to the last link, which is the final "Moment of Truth."

All of us have experienced that "Moment of Truth," when it suddenly dawns on us that we are dealing with a company, individual, or system that doesn't care about us. By the same token, we all immediately recognize the pleasure that results from a satisfying encounter, one in which our needs have been recognized and acknowledged as important, even if our original expectations were not met.

As Services employees, it is our responsibility, business, and pleasure to provide great services, products and facilities for the Yokota military community. Our goal is always to exceed customer expectation, leaving the customer delighted and happy to return for

another visit. One might say that accomplishing our mission depends on the forming of those positive links in the invisible chain leading to that final "Moment of Truth." Each link may be the only customer service opportunity that allows our organization to stand above the rest, rather than simply exist.

The responsibility to create positive "Moments of Truth" does not lie only with organizations devoted to providing traditional modes of customer service. No matter where you work, customer service is an integral part of the daily job. Everyone has customers, whether they are internal customers, those we serve everyday inside our organizations as part of the unit's mission or external, and those who choose to utilize our facilities for a service.

The importance of customer service does not end at the cash register; it affects us all, everywhere. Our military community and family members face a high ops tempo, daily stressors, financial strain, and struggle with family separations.

As we experience one or more of these challenges, they affect the way we deal with one another, both in the workplace and during leisure activities. Each of us has the opportunity and responsibility to create links toward a

positive "Moment of Truth" whenever we interact with others, be it a family member, a co-worker, or the person handing out towels at the fitness center. Each encounter is an opportunity to smile, say "Thank you," and show you care.

You can look anywhere and find a new business opening the doors. You can also look anywhere and see a business rolling up the carpets and closing down. The one thing that makes or breaks is a strong foundation of customer care, the focus on the "moment of truth."

We can move beyond the norm by thinking about how important customer service is, both as a consumer and a member of the Yokota community; ponder how it affects our experiences in all areas of daily life. We can take those thoughts and commit to providing the kind of service we expect to everyone we serve in our jobs everyday.

Commit to using every "moment of truth" to create a positive experience for the person standing before you. By making customer service a way of life through the "Moment of Truth" we have the opportunity to create a more meaningful life and workday, which most will agree, is considered a successful life.

## Reaping with help from crowd's wisdom

By Maj. Miklos Kiss, Jr.  
374th Aircraft Maintenance Squadron

What do an English ox, "Who Wants to be a Millionaire" and the space shuttle Challenger disaster have in common? Each supports the theory in James Surowiecki's book "The Wisdom of the Crowds," that the many are smarter than the few.

At the 1884, Plymouth Livestock Fair in western England, Francis Galton held a contest to guess the weight of a huge ox. In all, 787 people entered. No one guessed the ox's weight correctly, which was 1,198 pounds. But when Mr. Galton averaged the guessed weights from 787 votes, the result was 1,197 pounds.

On "Who Wants to be a Millionaire," the "call a friend" option retains the correct answer 65 percent of the time. The studio audience picks the right answer 91 percent of the time.

The floor of the New York Stock Exchange seems like a frenzy. It is also an efficient mechanism to make sound economic decisions. NASA's Space Shuttles are boosted into orbit using two enormous solid rocket boosters. Prior to 1986, the O-rings on these boosters were susceptible to brittle failure on cold days. At 11:38 a.m. on Jan. 28, 1986, the shuttle Challenger exploded. By 11:49 a.m., with no expert guidance, the mass of ordinary NYSE floor traders

downgraded Challenger's prime contractors: Lockheed stock fell five percent, Martin Marietta by three percent, Rockwell dropped six percent. Hardest hit that day was Morton Thiokol, which fell 12 percent. Six months later a presidential commission determined that the Thiokol-made O-rings were the culprit.

Markets, governments and game shows harness the power of democracy to make sound decisions. In the military, we defend democracy and have been called to bring democracy's blessings to others. Yes, the military is not a democracy, but we should not ignore its effectiveness as a management tool.

We must trust our people. The Air Force has made a significant investment in our Airmen and noncommissioned officers. Harnessing their front line knowledge demands real leadership. Effective leaders find ways to gather collective wisdom. It is far simpler and easier to close the door and launch edicts from an office, than to gather your experts, listen to diverse ideas, evaluate the inputs and then decide. Group collaboration is messy and can be uncomfortable when the opinions are contrary to the boss'. However, when we tune into a smart and well-trained group, the results are phenomenal and the decision has automatic buy-in. We have been given two ears and one mouth; we should use them in the same ratio.

## Maintaining integrity

By Lt. Col. Michael Smith  
459th Airlift Squadron

Integrity. You've all see the television adverts: "Doing the right thing, even if there's nobody watching."

Well, guess what? There is always somebody watching and I'm not talking about a divine entity: I'm talking about you. Are you setting a bad example for yourself by taking the wrong direction and ignoring established standards of behavior?

While getting in my car over at the post office a while back, I watched a woman make an illegal right turn into the parking lot. Okay, it was 7 a.m. and there was nobody around, but the intersection was clearly marked and the time of day is really irrelevant. When I politely queried her on whether or not she realized what she'd done, she snapped back, "Ya, I know" and abruptly turned and walked towards the base exchange.

Her rude behavior aside, this woman is an example of something I see everyday: people seemingly thumbing their noses at traffic regulations as they go about doing their daily business. Whatever their justification, they're on a slippery slope. First, it's parking illegally on the side of the road because they don't want to have to walk an extra 150 feet to the Outback, then its rolling through stop signs in the post office parking lot, then its speeding to work because they got up late – the cycle continues and escalates.

From a supervisory viewpoint, I consider these infractions significant. Sure, everyone's brain burps once in a while and is awarded a pink slip of paper as a result, but known and repeated disregard of any regulatory guidance has a huge effect on my opinion of an individual. If someone chooses to disobey a traffic regulation for whatever reason, what's to stop this same individual from disobeying a flying regulation or failing to comply with a technical order when working on a piece of machinery? How can I trust one of my pilots to take a \$3.4-million aircraft and a plane load of passengers from Yokota to Kadena Air Base when I can't trust them to drive to work in the morning?

I wouldn't want someone in my organization that decides on their own when and where they are going to follow the rules, which rules apply to them and which ones don't, would you? Individuals need to ensure that they conduct themselves properly at all times, on and off duty.



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The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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## DUI Prevention

Jan. 1 – Jan. 10	1
Total DUIs in January	1
Total in 2006	1

### Punishment

.049 or less = car parked for 12 hours
.05-.079 = 6 months walking
.081-.149 = 1 year walking
0.15 or greater = 2 years walking

*Don't  
drink and drive.  
Call 225-RIDE!*



# 2005

## Samurai Country rang in last year with

By Col. Scott Goodwin  
374th Airlift Wing commander

Since arriving to Samurai Country in May of 2005, I have been absolutely amazed and astounded by the dedication, professionalism and teamwork displayed by the men and women of Yokota Air Base. Our Airmen, civilian employees – Japanese and Americans alike – as well as our family members, continue to make countless sacrifices to support our important mission of ensuring the peace and prosperity of the Western Pacific region. I sincerely thank each and every one of you.

Looking back on some highlights, Team Yokota was called to duty even before the New Year began when 8 C-130s, 2 C-21s and more than 250 Yokota Airmen deployed to various parts of Southeast Asia to support Operation Unified Assistance, the massive humanitarian relief effort in response to the devastating earthquake and ensuing tsunamis in the Indian Ocean.

Our Airmen performed magnificently as the 374th Air Expeditionary Wing aircrews transported over 1,500 tons of relief supplies and more than 1,800 passengers as part of the largest humanitarian airlift operation since the Berlin Airlift. In 43 days, the 374th AEW flew more than 150 missions with a 100 percent mission effectiveness rating. Our maintainers exceeded a phenomenal 90 percent mission capable rate during 24-hour operations, which included airlift missions in Thailand, Indonesia, Malaysia, Singapore, Sri Lanka, Philippines and Bangladesh.

The Samurai and Kensei Warriors also played a critical role in supporting the Global War on Terrorism in 2005. Team Yokota deployed approximately 1,600 troops in support of Operations Iraqi Freedom and Enduring Freedom to various locations throughout Southwest Asia and Afghanistan to support multiple Air Expeditionary Force deployments. Our dedicated men and women continue to support these and other military operations around the globe as we begin 2006.

Meanwhile back on the homefront, Friendship Festival 2005 was a huge success. We hosted more than 110,000 Japanese

and American guests during our largest community relations' event of the year. The festival featured more than 35 U.S. military and Japan Air Self-Defense Force aircraft on display, as well as aerial demonstrations, and dozens of live music performances. It was a great way to witness the mutual understanding and friendship that exists between the U.S. and Japan.

Another highlight from 2005 is how our Samurai maintainers worked their magic to almost completely revive our C-130 fleet. In early 2005, only one of our 11 C-130s was flyable due to the Air Force fleet-wide inspections for center wing box cracks. However, the tireless efforts and tremendous teamwork between our maintainers, the Pacific Air Forces staff and the depot engineers have the Samurai Wing virtually back to full strength.

Team Yokota also racked up several Air Force and PACAF-level awards in 2005, including the Best Airfield Operations Complex in the Air Force and the Air Force's Enlisted Club of the Year, just to name a couple. There were far too many other AF and PACAF-level awards earned by each of our groups, as well as some associate units, to mention here. In addition, the Yokota community also benefited from several quality of life renovation projects in 2005, to include a vastly improved medical emergency room, an upgraded Air Mobility Command Passenger Terminal, the opening of the "BXtra," and the renovated Samurai Fitness Center.

The New Year promises to bring even more quality of life improvements around the base. We'll see a new and improved bowling center, a renovated gas station, an upgraded travel pay system and even a new pizza delivery service on base.

I would like to wish you all a successful and prosperous New Year as we face the challenges of 2006. There's no doubt that the PACAF Operational Readiness Inspection in March will put us to the test. However, I see these challenges as opportunities to show why Yokota is the premiere base in PACAF, and the airlift hub of the Western Pacific.

Thanks again for your dedicated service and best of luck in 2006!



1: Lt. Col. Staff Sgt. [Name] on a mission with the 374th AEW.  
2: Austin Darlene, at Yokota.  
3: Comm. annual S.  
4: Airmen in the r.  
Oct. 31, Airmen Squadron Hercules hours to





# th providing aid to the tsunami-devastated regions of Thailand and Sri Lanka – and that was just the beginning ...



photo by Capt. Ben Alumbaugh



photo by Master Sgt. Val Gempis

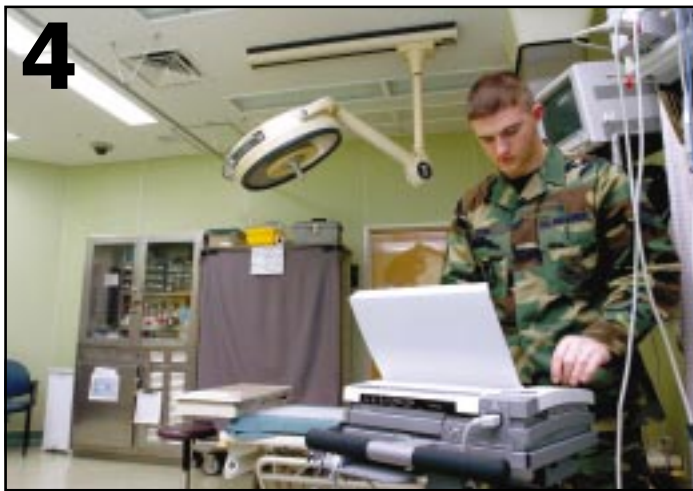


photo by Tech. Sgt. Corey Clements

l. Brian Geronime, Capt. Jason Fodor, and t. Michael Whipple take in a view of the -devastated Thailand Jan. 8, 2005, while ssion to deliver humanitarian relief. The is part of the 36th Airlift Squadron here. Oldenburg, age six, watches as his mother, give blood during the first blood drive held a in more than two years on July 18, 2005. nunity members show their support for the Special Olympics held here May 7-8, 2005. an 1st Class John Dyer, 374th Medical ns Squadron, sets up an electrocardiogram newly renovated emergency room here 2005. 5: Tech. Sgt. Neil Wilke and Senior Jonathan Keller, 374th Maintenance n, evaluate structural cracks on a C-130 s here. Maintenance Airmen worked long ensure the aircraft were flight-worthy.



photo by Master Sgt. Val Gempis



photo by Master Sgt. Maurice Hessel



photo by Senior Airman Katie Thomas



photo by Capt. Warren Comer



photo by Senior Master Sgt. Michael Atkinson



photo by Senior Airman Katie Thomas



photo by Master Sgt. Val Gempis

6: Senior Master Sgt. James Baarda, loadmaster instructor deployed to Ali Base, Iraq from the 36th Airlift Squadron, teaches a Squadron 23 Iraqi student how to operate a bulldog wrench in summer 2005. The wing supported numerous deployments during 2005. 7: Main characters Danny, played by Daniel Capps, and Sandy, played by Nicholle McNiece, belt out their final song during "Grease!" at the Taiyo Recreation Center April 6. The musical was presented by the Yokota Players, who also presented "Guys & Dolls" in fall 2005. 8: Danielle Seunath, daughter of Staff Sgt. Fereeda Seunath of the 374th Airlift Wing chapel, gets current on her paperwork during the first Kids Understanding Deployment Operations event held Nov. 5. More than 250 children got a taste of what their parents do during deployments. 9: Community members take a good look at one of the nearly 70 cars and motorcycles that were on display at the first HyRev Car Club car show here July 16. The base auto hobby shop also hosted its first car show later in 2005. Both shows featured high-performance, classic, and show cars. 10: The 374th Services Division moved community members into a renovated fitness center in December 2005 after more than one year of construction. 11: Flightline Samurai warriors hit the ground during "Alarm Red, MOPP 4" in the mid-September 2005 operational readiness exercise.



***AD***





# And the beat goes on ...

*Samurai Country celebrates holidays with Tops In Blue*

Above, Tops In Blue members crowd around Capt. William Middleswart during a performance of "Putting on the Ritz" at the Taiyo Recreation Center. The free shows, held Dec. 28 and 29, were open to all Yokota residents. Everyone who attended also had the opportunity to win free prizes through the 374th Services Division "U" campaign.

photos by Staff Sgt. Karen J. Tomasik



Above, Senior Airman Gregory Butler performs Ray Charles' "I got a Woman" at the Tops In Blue performance held Dec. 29 at the Taiyo Recreation Center. Right, Senior Airman Aisha Smith takes center stage during the performance. Inset, Senior Airman Silviano Fulgencio flirts with the audience during a solo Dec. 28. Below, Tops in Blue band members get into the music as performers prepare for the next set.



Above, Tops In Blue performers, led by Staff Sgt. Amber Young, sing God Bless America during a Dec. 29 performance at the Taiyo Recreation Center. Left, Senior Airman Timothy Vidal belts out a tune on his saxophone during a blues set.





## Off base

**Noh performance:** The Akishima Civic Hall is hosting a Noh performance, a traditional Japanese play with beautifully-decorated masks, on Feb. 11 beginning at 6 p.m. The cost is 3,000 yen for adults. Call 012-061-3737.

**Metropolitan Civic Art Festival:** Japan's National Noh Theatre is hosting this annual festival Feb. 19 beginning at 3:30 p.m. Performances include traditional Noh and Kyo-gen plays. The theater is located on the JR Yamanote Line's Sendagaya Station. Tickets must be purchased in advance. Call 035-925-3871.

**Tokyo International Anime Fair 2006:** This annual event is scheduled for March 25 and 26 at the Tokyo Big Site. Visit <http://www.taf.metro.tokyo.jp/en/>

## On base

### Movies

**Today** – *The Legend of Zorro*, PG, 7 p.m.; *Casanova*, R, 9:30 p.m.

**Saturday** – *The Legend of Zorro*, PG, 2 p.m.; *Jarhead*, R, 7 p.m.; *Casanova*, R, 9:30 p.m. (adults-only)

**Sunday** – *The Legend of Zorro*, PG, 2 p.m.; *Casanova*, R, 7 p.m.

**Monday** – *Casanova*, R, 7 p.m.

**Tuesday** – *Jarhead*, R, 7 p.m.

**Wednesday** – *Casanova*, R, 7 p.m.

**Thursday** – *Jarhead*, R, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### UMUC

The University of Maryland University College is holding registration for Term III classes through Jan. 20. The term is Jan. 23 to March 18. The UMUC staff will work with students on an individual basis as necessary through scheduled exercises and the Operational Readiness Inspection in March. Visit UMUC in Bldg. 314.

### Tama Shuttle

The shuttle services traveling

to Tama Hills has been stopped until further notice. Call 225-3308.

### Volunteers needed

The Family Support Center needs families to volunteer for the non-combatant exercise operations here Jan. 23. Call 225-8725 for details.

### Satellite equipment

The base housing office is offering free AFN Direct-to-home satellite equipment to active duty military and DoD civilians who live off-base. Call 225-6163.

### Yokota Singles

The Yokota Singles offer a free coffee bar, food and fellowship every Friday beginning at 7:30 p.m. in the building directly behind the Traditional Chapel. All single community members are welcome to attend. Call 225-7009 or e-mail [jj.gospel@gmail.com](mailto:jj.gospel@gmail.com).

### Pizza Hut

Pizza Hut is now available for delivery only on-base. It is open 3 to 10 p.m. Sunday through Thursday, and 3 p.m. to midnight Friday and Sunday. Call 227-5344.

### Self-help store

The Samurai Self-Help Store is open Wednesdays and Fridays from 11 a.m. to 5 p.m., and Saturdays from 9 a.m. to 2 p.m.

### Auditions

Students ages seven to 18 are invited to an audition for the upcoming musical production of "Annie." Auditions are Jan. 20 from 3:30 to 6:30 p.m. at the Taiyo Recreation Center. E-mail [info@vivacejapan.org](mailto:info@vivacejapan.org).

### Free software

All active duty, National Guard, Reserve and retired military personnel in the U.S. military or Coast Guard can receive free SAT and ACT study software. Families only pay for shipping and handling. Visit <http://militaryhomefromt.dod.mil/>.

### Claims notice

Senior Airman Daniel Edgington recently passed away. Anyone with a claim for or against his estate must e-mail [abdol.hajiaghamohseni@yokota.af.mil](mailto:abdol.hajiaghamohseni@yokota.af.mil) or call 225-7672 by Jan. 31.

### MOPS

The Mothers of Preschoolers\* is hosting a meeting for all women with young children on Tuesday from 9:15 to 11:30 a.m. at the Traditional Chapel. A discussion will be held about "Star-less skies: Hope in Difficult Times." Call 227-3775.

### High school play

The Yokota High School Little Theater is presenting "Seasons of Change," a play in memory of Martin Luther King, Jr. today at 7 p.m.

### Showcase

The Enlisted Club is hosting Image Record's premier showcase in country, pop, R&B, and hip-hop by Jai Carrell, 1Soul, Ashley Osborn and Jenny Brown on Saturday beginning at 9 a.m.

### Hours change

The pass and registration office has changed its hours to 7:30 a.m. to 3 p.m. Monday through Friday.

### Chapel Schedule

#### Traditional (West) Chapel

*Catholic:* Mass, Sundays at 9:15 a.m. and 5 p.m.

*Protestant:* Traditional service, Sundays at 11 a.m.; Liturgical service Sundays at 12:30 p.m.; Seventh Day Adventists, Saturdays at 9 a.m.

#### Contemporary (East) Chapel

*Protestant:* Gospel service, Sundays at 11 a.m.; Korean Service, Sundays at 2 p.m.; Contemporary service, Sundays at 5 p.m.

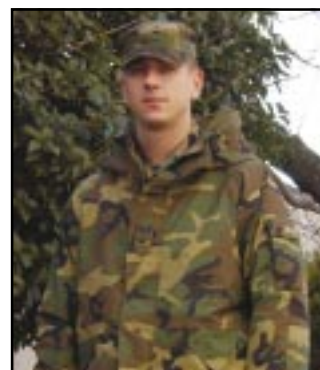
### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

## Samurai Warrior



## of the Week



**Staff Sgt. Christopher Grindland**

Staff Sgt. Christopher Grindland, 374th Security Forces Squadron, is this week's Samurai Warrior of the Week for demonstrating a sense of justice and honesty, courage and self control and sympathy toward all people he protects.

Sergeant Grindland is an assistant flight sergeant assigned to Charlie Security Forces Nightshift Flight. He effectively led active duty SF, augmentees, contract gate-guards and AF Reserve personnel in protection of Yokota. Additionally, Sergeant Grindland deployed to Commando Warrior Combat Skills course located in Korea, where he brilliantly led a four-man fire-team through combat training. He was selected as distinguished graduate and won the coveted Commando Warrior Sharp Shooter Award for displaying expert marksmanship.

## Kensei Warrior



## of the Week



**Staff Sgt. Jason Harvey**

Staff Sgt. Jason Harvey, 730th Air Mobility Squadron, is this week's Kensei Warrior of the Week for exhibiting the qualities of knowing the ways of all professions; and developing intuitive judgment and understanding for everything.

Sergeant Harvey is a Functional System Administrator and an Information Systems Security Officer for the 730th AMS Combat Readiness Flight. He was vital in the recent setup and installation of \$1.5-million worth of network equipment, supporting AMC's Command and Control systems.

Additionally, he worked 22 straight hours to restore a mission critical C2 server worth \$10,000. He is also an outstanding ISSO, responsible for securing 400 network users and 262 computers.

# AD



## “Quotes” & Things

*“It was awful.  
Everybody knew  
I was the dumbest one  
in the room.”*

**Frank Layden,**  
after giving a speech at  
Harvard Law School

**Frostbite Road Race:** The Yokota Striders is holding its annual Frostbite Road Race Sunday. The supply gate and southwest base area will be extremely congested until 2 p.m. From 10 a.m. to 1:30 p.m., traffic traveling from the east side to the south, north and west sides of base will be detoured. The north overrun will be closed from 10:30 a.m. to 1:30 p.m. Visit <http://www.yokotastriders.com/> or call 227-2071.

**Baseball:** The Yokota Hawks Baseball Club is holding tryouts for selected positions March 5 at 3:30 p.m. The tryouts are open to all community members and Japanese Nationals. Players must be over 18 years old and committed. E-mail [dan.capps@gmail.com](mailto:dan.capps@gmail.com).

**Swimming:** The Natatorium is offering group swimming lessons Jan. 10 through 26 for six to eight year olds, and seven to 10 year olds. Call 225-6133.

**Circuit training:** The Main Fitness Center offers circuit training classes Monday, Wednesday and Friday from 3:30 to 4:30 p.m. Call 225-6133.

**Outdoor Rec:** The Outdoor Recreation Center is offering numerous ski and snowboard trips in January and February. Call 225-4552 for details.

**Fuji Flyer:** Send sports briefs, stats, story and photo submissions to [fuji.flyer@yokota.af.mil](mailto:fuji.flyer@yokota.af.mil).

# Wash away threat of common illnesses

By Capt. Shane Sims  
374th Aeromedical Medicine Squadron

The winter season is infamous for colds and flu making its rounds.

Community members can reduce their chances of picking up these illnesses, which can lead to missing work and family time.

The most important preventative action to take is hand-washing.

By frequently washing their hands, community members wash away germs that they have picked up from other people, contaminated surfaces, animals and animal waste.

When people do not frequently wash their hands, they pick up germs from other sources and infect themselves when they touch their eyes, nose or mouth.

One of the most common ways people catch colds or gastrointestinal illnesses is by rubbing their nose or their eyes after their hands have been contaminated with a virus.

Frequent hand-washing is a healthy habit because it kills harmful germs and viruses. Germs and viruses cannot be seen by the naked eye nor can they be smelled. Hand-washing is an effective way to eliminate these cells.

People can also spread germs directly to others or onto surfaces that other people touch. Flu and cold epidemics often begin this way.

Community members need to remember is that serious diseases such as Hepatitis A, meningitis, and infectious diarrhea can easily be prevented if people make a habit of washing their hands.

## ~How to properly wash your hands~

1. Wet your hands and apply liquid or clean bar soap. Place the bar soap on a rack and allow it to drain.
2. Rub your hands vigorously together and scrub all surfaces.
3. Continue for 10 to 15 seconds, or about the length of time it takes to hum the alphabet tune. It is the soap combined with the scrubbing action that helps dislodge and remove germs.
4. Rinse well and dry your hands.

It is especially important to wash hands:

- ✓ before, during, and after you prepare food
- ✓ before you eat, and after you use the bathroom
- ✓ after handling animals or animal waste
- ✓ when hands are dirty, and
- ✓ more frequently when someone in the home is sick.

It is estimated that one out of

three people do not wash their hands after using the restroom. Avoid being part of that statistic by frequently washing hands both at home and in public.

For more information on the importance of hand washing in preventing sickness, visit the Centers for Disease Control and Prevention website at: <http://www.cdc.gov/ncidod/op/index.htm>.

# Get New Year moving with 10K Steps-a-Day

## New HAWC program aims to up daily exercise

By Maj. Shelia Thornton  
Health And Wellness Center

Traditionally Americans begin a diet the first week in January and "blow" it the second week. By the third week in January, most of those New Year's diets and a few other resolutions are forgotten.

That's probably a good thing.

Healthy Weight Week, sponsored by the Healthy Weight Network, celebrates its fourth year by promoting a healthy weight management lifestyle that lasts a lifetime and prevents eating and weight problems. It's a change from the diet-and-binge eating patterns that typically surround the New Year.

Repeated loss and gain of weight, often referred to as the "yo-yo" effect, can be just as harmful to your body as being overweight. A weight management lifestyle focused on healthy eating coupled with a regular exercise program helps people

move ahead and stay ahead the rest of their lives.

Healthy Weight Week starts Sunday. It emphasizes that "Diets don't work." Neither do pills nor potions. The week is a time to forget dieting, and focus on weight management.

The key to successfully trimming up a flabby body is to develop healthy eating and exercise habits. People are less likely to go "on and off" good habits than to go "on and off" diets. Without exercise, longterm effective weight loss can't happen. However, finding an exercise program to suit a busy schedule can be challenging.

The Health And Wellness Center's 10K Steps-a-Day program can help community members take steps toward a healthy start for the New Year. Ten thousand steps is a fairly ambitious goal for people who are already exercising. Inactive people walk about 2,000 steps per day which is equivalent to about one mile.

However, the HAWC provided free pedometers to the first 100 people who signed up for the "10K Steps a Day" four-week program. A pedometer is a light weight instrument that attaches to the waist line and

keeps count of the number of steps taken. Pedometers are a valuable exercise tool to get people up and moving.

Look for opportunities to include more walking throughout the day. The important part is to just get moving. Here are some ways to add steps to daily activities:

- ▶ Take the stairs instead of the elevator.
- ▶ Make an exercise date by walking at a set time and place with friends.
- ▶ Walk on the sidelines while watching your children in sporting events.
- ▶ Take a pet for a morning and evening walk.
- ▶ Walk to the office or store.
- ▶ Deliver memos by walking in the office or around the base instead of e-mailing.

▶ Get out and see Japan. Walk to the train station and enjoy the exciting cultural experiences around the area.

Pedometers can also be purchased at the BXtra for about \$8.

For more information on the 10K-Steps-a-Day program, pedometers, and suggestions for fun places to walk for exercise, contact the Health And Wellness Center at 225-8322.

# AD